

HALIFAX

metro®

NEWS
WORTH
SHARING.



'I'm just relieved'

New Metro reporter glad all of her worldly possessions have arrived in Halifax following a move that went bad, drug-bust bad

PAGE 6

Art school gets a second chance

Nova Scotia College of Art and Design receives a \$3 million donation, saving it from a bleak future

PAGE 4

Anti-prostitution bill faulty: expert

Proposed law in Canada is likely unconstitutional, according to one of the architects of Sweden's anti-prostitution strategy

PAGE 8

YOUR BALCONY IS NOT A LAWN — THAT MEANS HOLD IT IN, FIDO

BALCONY ETIQUETTE, PLUS TIPS TO IMPRESS THE NEIGHBOURS

PAGE 15



Breaking open 'blank spaces'

Revitalization.

Business commission, local bar, hopes pop-ups can help downtown Halifax



HALEY RYAN

haley.ryan@metronews.ca

It's proven "a bit of a challenge" to have new businesses or art exhibits pop up in empty buildings in Halifax, but Paul MacKinnon of the Downtown Halifax Business Commission says an upcoming landlord forum and special events in existing stores could begin a shift toward revitalizing the area.

MacKinnon said on Wednesday he would like to see more pop-up retail projects like those that have gained momentum in other cities, where entrepreneurs or artists can rent space a month at

At a glance

- The Downtown Business Commission will soon open their own headquarters on Barrington Street to help members or host pop-ups and exhibits.

a time with little risk, or even up empty storefronts.

"It's been a bit of a challenge here," MacKinnon said, adding while development is good for downtown landlords tend to "leave blank spaces."

"The general attitude seems to be from the landlords to say, 'You know what, it's just easier just to leave it as it is,' which is kind of a shame."

MacKinnon said an upcoming forum will have landlords sit down with the commission and talk issues like fire codes, taxes and how to lower bar-

riers keeping them from not taking advantage of pop-ups or short business leases.

The Roy Building on Barrington Street used its empty window space to host art exhibits last year, MacKinnon said, as a way to get people talking. Meanwhile, existing spaces such as Obladee Wine Bar are "maximizing" their space to help entrepreneurs.

Heather Rankin, co-owner of Obladee, said hosting a pop-up retail event with local fashion line Hart Republic worked well for both parties. The bar saw wine sales and a marketing boost, while the retailer got exposure with paying for "bricks and mortar."

"We would do it again as long as the businesses were aligned," Rankin said.

It would be great for the area to see local shops live up Barrington Street, Rankin said, while bringing in extra money for landlords on temporary leases instead of having them sit empty.



ARGENTINA ASCENDANT

Argentina's Marcos Rojo celebrates after the team defeated the Netherlands 4-2 in a penalty shootout to advance to the finals during the World Cup semifinal soccer match at the Itaquero Stadium in Sao Paulo, Brazil, on Wednesday. See story, page 18. VICTOR R. CAIVANO/THE ASSOCIATED PRESS



successcollege.ca | 902.865.8283

Train for a career in the growing health care sector.

Complete a 2 year diploma in just 60 weeks.

Get medical and dental office training from industry professionals.



Career training in Nova Scotia for over 100 years.



Remember your first?

The 2015 seventh-generation Golf.
Make some new memories.

Hillcrest Volkswagen.
Family Driven Since 1979.



Bus-driver beating prompts call for police at terminals

Dartmouth. Beaten driver released from hospital as 18-year-old man appears in court

DESIREE
FINHERT
halifax@metronews.ca

The beating of a Metro Transit driver at the Dartmouth bridge terminal has renewed a call for police officers at bus terminals.

While trying to break up a fight, a bus driver was surrounded by a group of people who knocked him to the ground and kicked him in the face Tuesday night.

"I'm absolutely disgusted by it, to be honest," said Amalgamated Transit Union Local 508 president Ken Wilson.

The driver was released from hospital early Wednesday and will be off work for at least a week.

Tyler Power, 18, of Lower Sackville, appeared in Dartmouth provincial court Wednesday facing charges of assault causing bodily harm, breach of recognizance and three counts of drug possession.

Basic needs

"People have a right to come to work ... and return home to their families without incident."

Ken Wilson, president of Amalgamated Transit Union Local 508

Wilson said he has now asked to meet with Metro Transit officials to discuss increasing security at some or all terminals.

terminals.

"When the bridge terminal was being built, in the early discussions, we asked to have a community police office in there," said Wilson. "I'd like to have that conversation to see if we can get HRP officers in our transit terminals."

Wilson said he's hearing from operators and the public that they don't feel very safe at the bridge terminal.

There are security guards at the terminal, but a city spokesperson said they're not encouraged to physically intervene if there is a disturbance.

"Their mere presence goes a long way toward discouraging incidents on site, but if something does happen, employees are trained to contact their supervisors and if needed, the authorities," said Jennifer Stairs.



Talented teen Thomason takes over Tunes at Noon

Nova Scotia's Molly Thomason, 19, serenades onlookers at the Grand Parade during Wednesday's damp, drizzly edition of Tunes at Noon. Thomason released her third album, *Columbus Field*, this year and is set to play the Evolve Festival in Antigonish this weekend and Halifax Pride later this month. Tunes at Noon continues Friday with the Rev Hank Trio. DESIREE FINHERT/FOR METRO

Fishing accident

Senior killed after falling off bridge

An elderly man is dead after a fishing accident on Wednesday afternoon.

RCMP say a 76-year-old Sheet Harbour man was fishing on Sober Island Bridge around 5:30 p.m. when his line got snagged.

As the man tried to free his line, police say he slipped and fell off the bridge.

The man's body was found about 30 minutes later by local boaters.

Paramedics tried to revive the man, but he was pronounced dead at the scene.

Police and the province's medical examiner are now investigating the incident.

METRO

1 NEWS

HOT SUMMER SAVINGS on now at Atlantic Fabrics!
Summer just arrived, but Atlantic Fabrics is making way for fall

Many items have been reduced to make room for new fall stock arriving daily.
From Christmas in July to outdoor fabrics built to stand the heat and the weather,
Atlantic Fabrics HOT SUMMER SAVINGS event is sizzling!



Celebrating
30 years
1984-2014

Atlantic
FABRICS
Quilt • Craft • Decor
discover your creative side

Dartmouth
114 Woodlawn Rd
902-434-7220
atlanticfabrics.com





Margaret Fountain smiles after announcing Wednesday that she and her husband David are donating \$3 million to NSCAD University. DESIREE FINHERT/FOR METRO

A Fountain of funds for indebted NSCAD

Students relieved.

Halifax philanthropists donate \$3 million to university

DESIREE
FINHERT
halifax@metronews.ca

Nova Scotia College of Art and Design students, who had prepared for devastating news, were relieved to learn Wednesday their school wasn't closing.

Loud applause broke out as board member Margaret Fountain and her husband David announced a \$3-million donation to the university at the Granville Square campus, Wednesday.

Donation

"We're hoping that a gift of this sort attracts the attention of other potential donors."

Daniel O'Brien, NSCAD president

"I think a lot of us were expecting this to be along the lines of, 'This campus isn't going to be a thing any more. We're going to get rid of it. We're all going to move to the port.' This is much better to hear than that," said student Rose Erin.

The school is \$13 million in debt, most of which is related to a \$9-million loan to construct the waterfront campus.

There has been talk of cut-

ting faculty, staff and programs, or amalgamating with Dalhousie University. The Board of Governors has yet to determine how the money will be spent, but a news release says the money will support major improvements to the downtown campus located in Historic Properties.

"Part of the responsibility of philanthropists is to be observant of what is required in your community, where the needs are. ... Right now the relevance for me is NSCAD," Fountain said. NSCAD president Daniel O'Brien said the school would have faced a lot of uncertainty without the donation.

The downtown campus will be renamed the Fountain Campus in honour of the donation.

Power still out for thousands, four days after tropical storm

Thousands of households and businesses remained without power Wednesday in areas of the Maritimes, four days after they were ravaged by the force of post-tropical storm Arthur.

Nova Scotia Power's website said about 4,000 customers were still without electricity around 4 p.m. Wednesday.

Bob Hanf, Nova Scotia Power's president, toured some of the affected areas around Port Williams, N.S., and apologized to customers following complaints about the communication system set up to inform the public about outages.

"Our communications systems ... did not work up to the standard that we are used to and our customers are used to and for that I apologize," said Hanf.

Hanf said the utility will



Nova Scotia Power crews make repairs in Shelburne. SHELBOURNE COAST

conduct an internal review to find out what went wrong with systems, including the online outage map, once power is fully restored.

He said that review will

also look at how information is gathered to establish restoration estimates.

He also said the utility had enough crews on the ground to deal with potential problems, but that the damage was as bad as when hurricane Juan hit the province in 2003.

The utility said 700 linemen, foresters and engineers were in the field and it was expected power would be restored by Thursday in central and eastern Nova Scotia and by Friday in the western end of the province.

Arthur knocked out power to more than 250,000 customers at the height of Saturday's storm.

Just more than 40,000 customers in New Brunswick were without electricity as of 4 p.m. Wednesday.

THE CANADIAN PRESS

Not so Delissio

Pizza delivery guy unharmed in robbery attempt

A routine pizza delivery in Halifax turned dramatic early Wednesday.

Halifax Regional Police said a pizza courier was trying to deliver a pizza in the 0-100 block of Evans Avenue around 1:30 a.m.

When he got out of his vehicle, a man approached him, demanded money and threatened to stab him, police said. The courier refused, and the man left.

METRO

Bridgewater

Accused facing murder charges appears in court

A 60-year-old man charged with first-degree murder has made his first court appearance related to the shooting death of a Little Tancook Island man.

The body of a 47-year-old man who lived on the island was found in a field around 9 a.m. Tuesday. Terry Roy Levy of Little Tancook Island was arrested an hour later. He appeared in Bridgewater provincial court for his arraignment. METRO

Pictou County

Two face charges after drug bust

RCMP say two people are facing charges after a search in Pictou County.

Officers carried out a search warrant at a home in Central West River Tuesday around 4 p.m. RCMP said in a release that officers seized about 36 grams of cocaine, three marijuana plants, almost 3.5 kilograms of dried marijuana, cash and an ATV. An 18-year-old woman was arrested and released. A 21-year-old man is facing production, possession and trafficking charges. METRO

DISPOSE OF YOUR HOUSEHOLD SPECIAL WASTE PROPERLY



BATTERY ACIDS
DRAIN CLEANERS
OVEN CLEANERS



PESTICIDES
RAT POISON
CLEANING FLUIDS



FURNITURE POLISH
OVEN CLEANER
AEROSOL



GASOLINE
BBQ STARTER
OILS/SOLVENTS

For more information call 311 or visit halifax.ca/recycle

Reminder: Halifax operates a permanent Household Hazardous Waste Depot at 20 Horseshoe Lake Drive, Bayers Lake Business Park, Halifax.

Household paint also accepted at Enviro-Depots™

FOR HALIFAX RESIDENTS ONLY HOUSEHOLD HAZARDOUS SPECIAL WASTE DROP OFF DAY

Bring your unwanted Household Hazardous Waste to the special depot listed below to be handled by experts.

Saturday, July 12th
Georges P Vanier
1410 Fall River Road

The depot will operate from
9am to 4pm, rain or shine.

HALIFAX



RBC Royal Bank



**TO PROVE ALL
BANKS ARE NOT
THE SAME.
AND MAY THE BEST BANK WIN.**

TAKE THE RBC® BANKING STATEMENT CHALLENGE:

You could be saving more, simply by doing your everyday banking with RBC. We're so sure of it, we'll give you a \$50 Visa[®] gift card, to let us prove it. Just bring us your last monthly bank account statement from your other bank, and we'll find the savings. Challenge us today by booking your appointment. No product purchase required.

NO STRINGS ATTACHED.

Visit a branch, go to rbc.com/get50
or call 1-866-583-9128 to make an appointment.

*The RBC Banking Statement Challenge applies to non-RBC banking statements for your personal, everyday banking accounts, sometimes called a personal chequing account and not to savings accounts. Offer available at participating branches in Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador. Client must be 18 years of age. Clients who already have an existing RBC Personal Banking Account are not eligible. Free \$50 VISA gift cards available while quantities last. Limit one gift card per person. Offer ends July 31st, 2014 and may be withdrawn or amended at any time without notice. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. * All other trademarks are the property of their respective owner(s).

Glace Bay. Driver fined almost \$700 after two kids hit in crosswalk

The driver of a vehicle that struck two children in Glace Bay last week has been issued a ticket under the provincial Motor Vehicle Act.

Austin Snow, 64, of Glace Bay, is charged with failing to yield to a pedestrian in a crosswalk. The ticket was issued Tuesday and comes with a fine of \$693.95.

The children continue to recover from their injuries in a Halifax hospital.

Destiny Burke, 11, and her eight-year-old brother, Braydon, suffered serious and extensive injuries. Destiny has a broken femur in one leg and a broken bone in the other.

She is also being treated for a bruised liver and fractured ribs.

Braydon received a serious head injury and broken bones in his hip. He needed stitches to close a gash above one eye.

Cape Breton Regional Police responded to the accident at about 10 p.m. Friday after receiving a report of two children being hit while crossing near 696 Main St. in Glace Bay.

At the time of the accident, the children were with their father, Tony Angione, who in an interview with the Cape Breton Post said he thought for sure he had lost his children.

He had just picked them up from their grandmother's home and was returning to their home on Duke Street at the time of the accident.

CAPE BRETON POST

Maxine Cochran. First female cabinet minister in Nova Scotia dies at 87

The Nova Scotia government is paying tribute to Maxine Cochran, the province's first female cabinet minister.

Cochran died Tuesday at the age of 87.

Premier Stephen McNeil offered his condolences her family and friends, saying Cochran paved the way for the many women now serving in elected roles.

"Mrs. Cochran's impact on breaking down political barriers for women in this province is immeasurable," McNeil said in a release.

PC party leader Jaime Baillie and interim NDP leader Maureen MacDonald

Quoted

"Mrs. Cochran's impact on breaking down political barriers for women in this province is immeasurable."

Premier Stephen McNeil
In a release honouring Maxine Cochran, who died Tuesday.

also issued tributes to Cochran.

Cochran was elected to the Nova Scotia legislature in 1984 as the Progressive Conservative member for Lunenburg Centre.

THE CANADIAN PRESS

Crime. Man arrested after trying to exchange stolen lottery tickets for cash: Cops

A man has been arrested in connection with a recent robbery in Halifax, police say.

A man threatened the clerk at the Lacewood Drive Needs around 6:30 a.m. Tuesday and took off with some lottery tickets, according to police.

A release from Halifax Regional Police states that officers returned to the store at 5:45 p.m. Tuesday to follow

up on the robbery. While they were in the store, a man tried to exchange unused lottery tickets for cash. The tickets were identified as some of those stolen earlier in the day, and the man was arrested. A 31-year-old Halifax man will appear in Halifax provincial court on Aug. 12 to face a charge of possession of stolen goods.

METRO

Belongings brought back after drug bust

Move gone bad. Reporter happy to have her possessions, but questions remain over damage, compensation



HALEY RYAN
haley.ryan@metronews.ca

After nearly a month of wondering when most of her worldly belongings would show up at her new home in Halifax, Kristen Lipscombe said she was "relieved" to see everything arrive on Wednesday, but questions around compensation and damages have yet to be answered.

Lipscombe, a recently hired sports reporter with Metro Halifax, hoped to see her furniture, clothes and electronics arrive on June 12 from Calgary as her moving contract stated. However, things took an unexpected turn when the moving truck was seized on June 3. About \$9 million worth of drugs was found among her things and several of the movers were arrested.

"I'm ecstatic to finally have everything I own in my apartment; I'm really excited," Lipscombe said as she looked around at the piles of boxes.

"(I'm) kind of disappointed with the damage that I see, but overall I'm just relieved to have everything here."



Kristen Lipscombe holds up pieces of a broken drawer in her Halifax apartment on Wednesday, which was one of a handful of items she says were damaged during the move. HALEY RYAN/METRO



Kristen Lipscombe stands among her newly-delivered belongings at her downtown Halifax apartment on Wednesday. Everything arrived on July 9, which she says was nearly a month after it was due. HALEY RYAN/METRO

Lipscombe said the Border Services Agency told her they didn't do an invasive search of her property, so she's not sure how a hole was punched through a dresser, drawers were broken or her computer monitor was

taken apart.

After the drug bust, Lipscombe said everything was taken to Toronto and held by another mover until she paid a fee. The owner of Arrow's Flight Moving & Delivery in Halifax offered to set Lipscombe up with a moving team coming back from Ontario.

Although she said the Nova Scotia companies involved were "great to deal with," Lipscombe is disappointed in the whole process and the original Calgary company, Buhler's Moving & Storage, who she says subcontracted the move to individuals she didn't know.

Ron Buhler of Buhler's Moving said Wednesday Lipscombe's contract is "null and void" because her deposit was returned to her.

"I had originally set up a proposal to do her move, but I couldn't do it," Buhler said.

He said Lipscombe ended up moving with another Calgary company, and Buhler's had not told anyone to pick

Quoted

"I thought everything was going to run really smoothly and the opposite happened."

Kristen Lipscombe

up her furniture.

Lipscombe is hoping to receive compensation for the time from June 12 to July 9 when she was left without anything and bought extra furniture, and said those looking to move across the country should make sure their company is registered with the Better Business Bureau.

She said Buhler's did return her deposit on June 26, but that was still two weeks after the promised date.

"I'm looking forward to getting settled in Halifax and life going back to normal," Lipscombe said.

"There's good people out there who come through when you need them."

Ole! Bull gores author who co-wrote guide to surviving Pamplona

San Fermin fiesta.

The 32-year-old author from Chicago is a longtime participant in the annual street party

An American who co-authored the book *Fiesta: How to Survive the Bulls of Pamplona*, became a victim of a bull Wednesday when he was one of two men gored at the annual Spanish San Fermin festival.

Bill Hillmann, a 32-year-old from Chicago and a longtime participant in the nine-day Pamplona street party, was gored twice in the right thigh during one of the daily bull



Bill Hillmann is carried on a stretcher after being gored by a Victoriano del Rio bull in Pamplona, Spain on Wednesday. M.J. ARRANZ/THE ASSOCIATED PRESS

runs, organizers said on their website.

The injury was serious but not life-threatening, the Navarra regional government

said in a statement.

A 35-year-old Spanish man from Valencia was also in serious condition after being gored in the chest during the same run on the festival's third day, the statement said.

The six fighting bulls run along a 850-metre course from a holding pen to Pamplona's bull ring in a tense and dramatic few minutes immortalized in Ernest Hemingway's 1926 novel *The Sun Also Rises*.

San Fermin is one of Spain's most famous fiestas and attracts thousands of foreign tourists every year.

Three other Spaniards who fell during the run were being treated in Pamplona hospitals.

THE ASSOCIATED PRESS



Northeast U.S. rocked by thunderstorms

A downed tree lays atop a crushed car Wednesday in Philadelphia. Storms caused huge amounts of damage in parts of the northeast United States after severe thunderstorms rolled through several states. Four people were killed and four homes were destroyed in New York. Scan the photo with your Metro News App to see more photos of the storm's aftermath. MATT ROURKE/THE ASSOCIATED PRESS

New Mexico

Man cleaning car mistaken for thief

An American Indian artist says police in New Mexico pulled a rifle on him after his dog pooped in his SUV and a woman mistook his cleanup efforts for a burglary.

According to a police report, the officer detained Mateo Romero when a woman reported a burglary in progress at her home.

THE ASSOCIATED PRESS

Wayne County

Soccer player faces murder charge

A Detroit-area soccer player, accused of killing a referee with a punch to his neck, was charged Wednesday with second-degree murder.

The charge against Baseel Abdul-Amir Saad was announced eight days after John Bieniewicz, 44, died from his injuries. Saad, 36, had been charged with assault before Bieniewicz died July 1. THE ASSOCIATED PRESS

Cook County

Jail visitor trapped inside for 30 hours

A visitor to Chicago's Cook County Jail was trapped inside for about 30 hours over the July Fourth weekend.

Jail executive director Cara Smith says the door closed, locking the visitor inside from about 6 p.m. Saturday until 1 a.m. Monday. Smith says the man pounded on the door, but its thickness muffled his efforts. THE ASSOCIATED PRESS

SUMMER SALE
LAST CHANCE! NOW UP TO

75% OFF*

In-store & online.



GIFTS



BOOKS



TOYS

Indigo

Chapters

Coles

indigo.ca

f t p in YouTube r g+ /chaptersindigo

*Valid on select in-stock merchandise, while quantities last. Not valid on kiosk orders. Discount percentage, prices and selection may vary between stores and online. Indigo, Chapters and indigo.ca are trade marks of Indigo Books & Music Inc.

Anti-prostitution bill flawed, expert says

Human rights issues.

Adviser on Swedish anti-prostitution law, which Tories hope to emulate, says new bill may be unconstitutional

One of the architects of Sweden's anti-prostitution

strategy — a model the Conservatives are trying to emulate — says the proposed new law is likely unconstitutional.

A provision of the Tory bill that still criminalizes prostitutes in some circumstances is also a violation of Canada's Charter of Rights and Freedoms, as well as international human rights obligations, lawyer Gunilla Ekberg said Wednesday.

Critical

"It targets those who are victims of, first of all, a human rights violation, but also a crime."

Gunilla Ekberg

Ekberg is a Canadian citizen who was an adviser for the Swedish government in the

1990s when it crafted a law that makes it illegal to be a pimp or a john, but not a prostitute.

The Harper government has tabled a similar bill in response to last year's decision by the Supreme Court of Canada.

Ekberg and numerous other witnesses at this week's parliamentary hearings on the bill are urging the government to amend that provision.

THE CANADIAN PRESS



A sex trade worker is shown in downtown Vancouver. An expert says the federal Tories' draft law is likely unconstitutional. JONATHAN HAYWARD/THE CANADIAN PRESS

Overdose. Alleged sex worker in court after Google exec dies on yacht

An alleged high-end prostitute accused of injecting heroin into a Google executive on his yacht in Santa Cruz and leaving him to die when he overdosed appeared in court on Wednesday on manslaughter and heroin charges.

Alix Tichelman, 26, in handcuffs and a red jumpsuit, did not enter a plea and was appointed a public defender. She is being held on \$1.5-million bail.

Surveillance footage from the yacht shows Tichelman gathering her belongings, including the heroin and needles, then stepping over the 51-year-old victim's body to finish a glass of wine and lower a blind before leaving the boat, Santa Cruz police said.

Police said Tichelman did not provide first aid or call emergency authorities as the man, identified as Forrest Timothy Hayes, suffered medical complications and



Alix Tichelman

SANTA CRUZ POLICE/THE ASSOCIATED PRESS

went unconscious during the November overdose aboard his 50-foot yacht, Escape. His body was discovered the next morning by the boat's captain, police said.

Police are also investigating Tichelman in connection with a similar incident in another state, Santa Cruz Deputy Police Chief Steve Clark said. THE ASSOCIATED PRESS

Winnipeg

Where the wheels on the bus don't go round

If you are in Winnipeg you better keep your singing to the shower.

The city has passed a bylaw that calls for a \$100 fine if you sing on a Winnipeg transit bus.

Scofflaws will also face court costs if caught belting out a tune.

The bylaw calls for a similar fine for playing a musical instrument or offering some kind of other live musical performance.

The rules also prohibit riding a unicycle on a bus or transit property.

METRO

Egging

Bieber gets two years' probation

Justin Bieber has pleaded no contest to a misdemeanor vandalism charge for throwing eggs at a home in his Calabasas neighbourhood, and he's been sentenced to two years' probation.

Bieber was also ordered to pay \$80,900 in damages, complete five days of community labour and a 12-week anger-management program, and stay away from the victim and his family for two years.

The Grammy-nominated singer was not present for the Wednesday arraignment at Superior Court in Van Nuys, Los Angeles.

THE ASSOCIATED PRESS

la Vie en Rose
OUTLET

Over 500 styles!!!

SALE
WOW

UP TO
70%
OFF
*ON SELECTED
STYLES

On selected items, while quantities last.
Models and colours may vary from store to store.
Other special offers also available online.

OFFER BEGINS **JULY 9, 2014**

+ SELECTED
PANTIES
FOR HER

7/\$10
Reg. \$9.95 ea.



+ SELECTED
BRAS
STARTING AT

\$4.99
Reg. \$24.95 ea.



VALID IN THE LA VIE EN ROSE OUTLET STORES ONLY

• DARTMOUTH CROSSING - 45 Hector Gate Unit 284, Dartmouth (corner Hector Gate and Country View Drive) (902) 468-0304

LAVIEENROSE.COM



NBA's No. 1 draft pick doesn't pick No. 1 brand

Andrew Wiggins.

Canadian basketball phenom opts for underdog Adidas over powerhouse Nike

Andrew Wiggins will wear Adidas with the Cleveland Cavaliers.

The No. 1 overall pick in the draft, Wiggins wore the apparel company's gear while starring last season for Kansas. He chose to stick with Adidas rather than sign with a rival such as Nike in what's being called "an unprecedented partnership."

The deal announced Wednesday is believed to be worth more than \$2 million per year.

"Joining the Adidas family is a blessing and an honour and I am extremely excited for what lies ahead," Wiggins,

Twitter



"Been waiting for this day. Happy to be joining the @adidasshoops fam!"

Andrew Wiggins, the No. 1 overall pick in the 2014 NBA draft, in a tweet about his new shoe deal

from Vaughan, Ont., said in a statement.

Adidas owns a fraction of the marketplace at about three per cent, according to retail tracking firm SportsOnceSource, while Nike dominates at close to 95 per cent with help from its Jordan brand. But the move to sign Wiggins signals a bold move by the German company to build its basketball business around young, up-and-coming stars. **THE ASSOCIATED PRESS**



Apparently, Sega is still around, and so is Ripley

This video game image provided by Sega shows the character Ellen Ripley, voiced by Sigourney Weaver, in a scene from *Alien: Isolation*. Weaver, who portrayed unflappable officer Ellen Ripley in the *Alien* film franchise, is reprising her role for the upcoming video game, set after the events of the original 1979 film. She says she picked up right where she left off in filmmaker Ridley Scott's masterful first instalment. **SEGA/THE ASSOCIATED PRESS**

Broke records

Brazil's epic defeat a GOAAAAAL! for social media

Germany's stunning 7-1 World Cup semifinal win over Brazil broke records for the number of goals — but it also triggered record-breaking activity on Facebook and Twitter. Facebook reported that fan activity during the

Tuesday afternoon match topped 200 million with some 66 million users liking, commenting, sharing and posting. That made it the highest level of conversation on Facebook for any single World Cup match to date, according to the social network. About a quarter of that activity came from host company Brazil, which was trounced during the match.

TORSTAR NEWS SERVICE

Market Minute



DOLLAR
93.81¢
(+0.15¢)



TSX
15,215.19 (+78.01)



OIL
\$102.29 US (-\$1.11)



GOLD
\$1,324.30 US (+\$7.80)

Natural gas: \$4.17 US (-\$0.03)
Dow Jones: 16,985.61 (+78.99)

ROCK SHOW

AT THE INTERSECTION OF ART + MUSIC

Curated by David Diviney

On view July 11 to September 28, 2014

David Askevold

Carl Beam

Thierry Delva

Greg Forrest

Chris Hanson and Hendrika Sonnenberg

Eleanor King

Annie Leibovitz

Craig Leonard

Lisa Lipton

William Robinson

Tom Sherman and Jan Pottie

Mitchell Wiebe



Art Gallery of Nova Scotia

7 days a week | (902) 424-5280

infodesk@gov.ns.ca

artgalleryofnovascotia.ca



Installation view (detail) of Eleanor King's *Endless Practice*, 2012.



IT'S IN REVELATIONS, PEOPLE!

I don't want to alarm anybody, but the latest sign of the apocalypse is upon us: I made dinner, all by myself.

The ancient texts are clear about the unusual sights that will greet the final days of mankind: Rivers will run with blood, the sky will turn black, and John Mazerolle will make a nice beef stroganoff, served with red wine and a store-bought apple tart.

Behold! Tremble!

Preparing a meal might not seem like a cosmic event to you, but for a culinarian like myself it was at the very least a moment of historical significance — up there with the fall of the Berlin Wall or that time Picard joined the Enterprise senior staff for their poker game.

For the first time in my life, I made an honest-to-goodness meal.

Like, with ingredients and measuring cups and everything. No misspelled food like X-Treem Kreem Cheez. No microwave.



HE SAYS

John Mazerolle

metronews.ca

Not even a single package of powder to sully the fingertips.

What drove me to such a strange place? Well, I'd like to have children some day. And as much as I'd like to buy 10,000 boxes of Pizza Pops and say, "See you when you're 18!" I figure I should learn to make meals so that my kids can tell me how they'd rather starve than eat the disgusting garbage I make.

You know, like a normal family.

Cooking is such an unusual activity for me that when I called my dad to ask what makes a good corn-oil substitute I could hear his confused blinking over the phone. When the realization of what I was planning to do dawned on him, he panicked.

As far as he was concerned, I'd just said, "Hey Dad! Found a landmine at the beach and was planning to rip her open. Should I use a chisel or go right at 'er with the hammer?"

He wanted to know if my girlfriend would be around to help

(i.e. put out fires), or if maybe I'd prefer to make Hamburger Helper, or have an apple.

If it had been a movie, he'd have appeared from the future covered in beef stock telling me not to make the dish, lest humanity be destroyed. It was all very encouraging.

But I forged on, and **learned a few important culinary tips** along the way. For instance:

* **Onions** come in at least two colours (yellow and white).

* There is **prepared mustard**, though I'm not sure what it knows that the other mustard doesn't.

* **Hot oil** applied liberally to your thumb will burn your thumb. Who knew?

And imagine my surprise when I learned that cooking in the kitchen was pretty fun. I was actually chuckling with glee over my creation, not unlike Dr. Frankenstein if he had made dinner.

So if there are any laggards like me in the reading audience, I say put your fears or embarrassment aside and make some beef stroganoff. Or even some other meals, presuming they exist.

If you don't do it for yourself, then do it because this could be your last meal. The End Times are upon us.

SHOPPING FOR AIR QUALITY



A cyclist passes buses and taxis in Oxford Street on Wednesday in London, England. Researchers have found that concentrations of nitrogen dioxide on Oxford Street are the worst on Earth. PETER MACDIARMID/GETTY IMAGES

Oxford Street air dirtiest on Earth, scientists say

London, England's Mayor Boris Johnson is under pressure to take drastic action on air pollution, after

Quoted

"To my knowledge this is the highest in the world in terms of both hourly and annual mean." David Carslaw, researcher

scientists discovered that Oxford Street is now the most polluted street in the entire world.

The mayor has previously dismissed air pollution levels in London as "perfectly fine."

However, monitoring stations on London's Oxford Street have discovered levels of nitrogen dioxide (NO₂) at up to 10 times the legal limit.

Scientists at King's College London said levels of the gas, caused by diesel vehicles, were now even higher than those found in Beijing. The toxic gas causes breathing difficulties and has been linked to increases in premature deaths and hospital admissions. POLITICS.CO.UK

Why so high?

The problem with Oxford is the sheer number of diesel buses travelling (or, more likely, standing still with engines going) and that the street's a "canyon" — tall buildings set fairly near the road so fumes can't dissipate easily.

- Modern diesel engines emit more NO₂ than petrol, and London has been switching to diesel to lower CO₂ emissions.

LONDONIST.COM

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



**DOWNLOAD
METRO NEWS APP**

**FILL SCREEN WITH
IMAGE TO SCAN**

**METRO AR IMAGE
JUMPS TO LIFE**

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



In this issue, you can find AR enhancements on page 7 in News, page 15 in Life and page 18 in Sports

MetroTube

The penultimate book-sorting machine



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's becoming more and more difficult to resist a link that promises rare looks captured by a Phantom drone. Like this clip, shot inside the New York Public Library's massive Queens book-sorting machine that serves as a hub for requested transfers between the NYPL's many branches.

BUT! You can see we're in the nascent days of DIY drone documentary-making. The flight is a little wobbly, and the pilot seems more interested in dizzying POV adventure than capturing what's happening. But as mentioned, these videos and the glimpses they provide are getting tough to resist. (Nate Bolt/Vimeo)



MARLENA SLOSS/THE JUNEAU EMPIRE/THE ASSOCIATED PRESS

Mike Cowie brings the cool to the local jazz scene

Long and varied career. Trumpet player has provided music for hockey games, weddings and calypso bands



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

I'd be lying if I said I remembered every play, every teammate, or every coach during those early local-hockey-watching days at the Metro Centre.

But what I do remember is Mike Cowie, an energetic and talented trumpet player, who was a fixture at the Metro Centre for a decade. My love for music grew in parallel with my love for hockey, and having them meet made me quite happy.

Cowie, born and raised in Halifax, has become the go-to jazz man for everything from weddings to weekly gigs, like his permanent spot with his trio at The Press Gang on Friday and Saturday nights. Cowie has come a long way from his early Hali-famous days spent running around the city's main entertainment facility.

"The Quebec Nordiques had a trumpet guy with their team and when their organization came here in 1988 they were looking for someone local," said Cowie.

"After two shaky periods,



Mike Cowie is the go-to jazz man in Halifax. SHIRLEY ROBB

something clicked and that lead to 10 years of hockey entertainment gigs with the (Halifax) Citadels and (Halifax) Mooseheads."

Trumpet in hand, Cowie has toured outside of Halifax. He's been across the country,

dipped into the United States for a few gigs, and even made it over to Switzerland twice.

When Cowie lived in Toronto, attending Humber College, he embraced the multicultural sound of the city.

"I'd be playing for a Jewish wedding one night and in a Calypso band from Trinidad the next," he said. "There was so much music it was unbelievable."

Though he can pretty much play anything, his heart

Catch them live

- **What:** Mike Cowie's Trio
- **Where:** The Press Gang
- **When:** Friday and Saturday, 7 p.m.
- **More information:** cowie.ca

remains true to the runs and rhythms of jazz music.

"To me, jazz means improvisation or creating in the moment. I never try to play a song the same way twice and the musicians I play with are the same," he said.

Cowie does create musical arrangements ahead of time to capture a mood of a song.

"It's like a black-and-white sketch that the musicians then colour in. The phrasing, tempos and interpretation can shift subtly or radically from night to night."

As both a performer and a music producer, Cowie's ear is as fine tuned as any musical instrument.

"I hear everything and there is a huge commitment from all of us to making the music sound as fantastic as we can," he said.

"In both cases, playing and producing, you need hours of individual practice time, studying music arranging, learning new equipment and production techniques and most importantly, thinking creatively."

2 SCENE

Experience the Beauty and Wonder of the Mi'kmaq Culture

**FREE
ADMISSION**

Wednesday, July 16, 3pm – 6pm
Cunard Centre, 961 Marginal Road, Halifax

Interact with Mi'kmaq artisans, explore the vendor market and enjoy cultural demonstrations and a fabulous line-up of First Nations entertainers.



Together as Nations
Educate, Empower, Enlighten

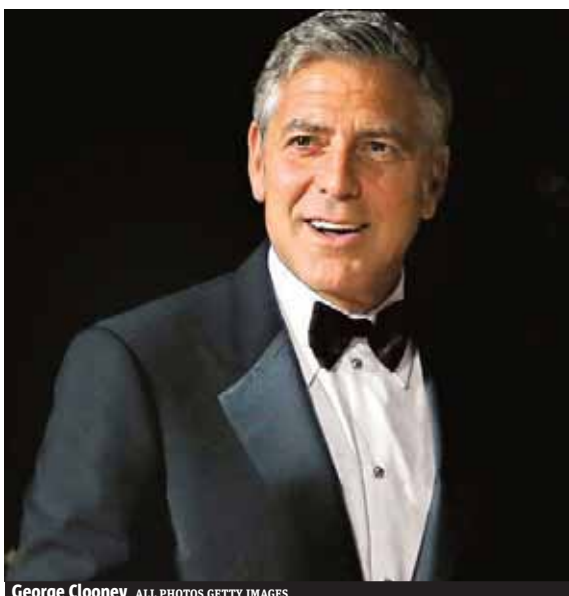
NOVA SCOTIA

CAPE BRETON
UNIVERSITY

Shannon School
of Business

The Purdy Crawford Chair
in Aboriginal Business Studies

CAPE BRETON UNIVERSITY
UNAMAKI COLLEGE



George Clooney ALL PHOTOS GETTY IMAGES

Clooney slams 'dangerous' claims that fiancée's mother opposes marriage

Britain's Daily Mail newspaper apologized to George Clooney on Wednesday for alleging his fiancée's mother opposed the marriage on religious grounds — a story Clooney called both wrong and irresponsible.

Clooney is engaged to Beirut-born London lawyer Amal Alamuddin, whose father Ramzi belongs to a prominent Druse family. The Druse are adherents of a monotheistic religion based mainly in Lebanon, Syria and Israel.

Citing unnamed family "friends," the newspaper's MailOnline website reported this week that her

mother, Baria Alamuddin, wanted her 36-year-old daughter to marry a Druse man. It said Amal Alamuddin risked being "cast out of the community" if she wed Clooney, and claimed several women had been murdered for not abiding by strict Druse rules.

Clooney called the story "completely fabricated."

In a statement issued to USA Today, Clooney said that "to exploit religious differences where none exist is at the very least negligent and more appropriately dangerous."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Would you let Courtney teach your preschoolers?



NED EHRBAR
Metro in Hollywood

You know what your television needs more of? Courtney Love. The singer and loveable crazy-pants will be guest-starring on the next season of Sons of Anarchy,

according to TVLine, playing a ... preschool teacher.

I mean, sure. It's not like Love is a novice actor or anything, since she's done all right for herself in movies like The People vs. Larry Flynt, Man on the Moon and Sid and Nancy. Oh, and 200 Cigarettes, if anyone remembers that flick. But ... a preschool teacher? All right, if you insist, Sons of Anarchy.

The seventh and final season of the show will also feature Marilyn Manson, so clearly they're working on a theme here.

Twitter



@DanaDelany

I have learned that mentioning abortion, gun control, climate change will lose you followers. And I'm forgetting the fourth....



@lenadunham

Ladies, some of you seem confused about how to keep a secret and I have a tip: just don't tell anyone.



@rickygervais

This won't be the first time that thousands of Germans will have to lie low in Brazil for a while for their own safety.



Eva Mendes and Ryan Gosling

A baby Gosling? Blogosphere abuzz with pregnancy rumours

Hollywood's hottest couple may be expecting. OK! magazine reports that Eva Mendes is seven months pregnant with Ryan Gosling's baby, according to a source close to Mendes.

"She's been ready for mother-

hood for a while now and to be sharing this experience with Ryan is a dream come true for her," the insider tells the magazine.

Ironically, Gosling and Mendes met on the set of The Place Beyond The Pines, in which they played parents. They've been dating off and on for over three years. Neither has commented on the pregnancy, even though the blogosphere is starting to buzz with the news.

METRO

THE REWARDS YOU WANT

20x
faster

SATURDAY, JULY 12

20x
THE SHOPPERS
OPTIMUM POINTS®
WHEN YOU SPEND \$50 OR
MORE ON ALMOST ANYTHING
IN THE STORE.*



FREE
feels good™



SHOPPERS
DRUG MART



*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.

Picture this: 30 degrees outside, a stressful day at work, an errand to run across town before your friends want to meet at the bar. You're already hot and sticky. The last thing you want is to make your outfit "evening appropriate" by piling on accessories in the back of a cab. We round up the must-have accessories that will dress you up in one simple, stylish step.

EMILY LAURENCE
Metro World News

Bun beautifier

A 5-minute wait for the subway can turn your perfectly styled hair into a frizz-fest. Get it off your neck while actually making your hair look good by pulling it up and a bun and securing it with a floral top knot holder. You'll look bohemian-cool in 2-minutes flat.



Top Knot Holder, \$12
URBANOUTFITTERS.COM

5

Mid-summer must-haves

Irresistible earrings

Jewelry that's a mix of punk and glam makes enough of a statement where you only need one piece. These earrings by Uribe are a little pricey, but we guarantee you'll get loads of compliments and since they're so simple, you'll wear them again and again.



Uribe Gold Earrings,
\$185.64
MY-WARDROBE.COM



Birkenstock Arizona
Sandals, \$120
SHOPBOP.COM

Bohemian Birks

You don't have to be into normcore to pull off Birkenstock – seriously! Pair these with a maxi or sundress and you'll be both comfortable and cute.

Stop-traffic sunnies

Stand out in the Ray-Ban wearing mass with these funky frames. This is the stuff street style photos are made of.



Quay Penelope Sunglasses, \$47.
ASOS.COM

Sensational scrunchies


This is another life-saving hair accessory. To avoid looking like Kimmy off of Full House, opt for a bun instead of a ponytail. The colour and shimmer will make it the standout piece of your whole look.



Sequin Hair
Scrunchie,
\$12
TOPSHOP.COM


3 LIFE

PLUS
HOMES



Time for a SALE!

Friday, June 27th to
Saturday, July 12th

PARK  LANE
SHOPPARKLANE.CA



A vintage-style desk can double as a charming place for entertaining. Garment Factory Desk, \$1300, RestorationHardware.com. RESTORATIONHARDWARE.COM



A library-inspired console can display books, plants and a laptop by day and seat dinner guests at night. Stanton Work Station, \$600, bombay.ca. BOMBAY.CA



A saw-horse base in metal adds an industrial-chic look to a desk/dining table. Eiffel Desk, \$800, urbanbarn.com. URBANBARN.COM

A tall side table offers up individual dining perches in the living room. VITTSJO stand table, \$25, ikea.com. IKEA.COM



Makeshift dining in tight quarters

WE MAKE IT EASY TO
OWN WHAT YOU WANT!



NO CREDIT NEEDED
NO DOWN PAYMENT

172 Wyse Rd. Unit #0100
Dartmouth
Tel. (902) 464-4259

easyhome.ca
Lease-to-own

Turn on a dine. Stylish options for a tiny condo



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A reader asks: I am moving into a tiny condo and need occasional dining space that will seat 2-3 people. What are my options?

I suggest creating a multi-purpose area instead of dedicating space to a dining room that will rarely be used.

This will allow your dining space to do double or triple duty as a home office, an attractive display console or a storage area.

With a desk or console sitting against the wall, you can forgo hanging a light fixture and free up the centre of the

room by not having to float a table in the middle of the space.

Instead of focusing on the centre of a dedicated dining space with a chandelier and rug, concentrate on the vertical wall of the dining area. A large mirror hanging over a desk or console table topped with potted orchids, and a decorative storage bench underneath creates an attractive vista to look at on a daily basis.

Here are a few other ideas for maximizing a dining experience within your tiny condo:

Chairs

Consider using small-scale occasional chairs from your living room area as go-to dining chairs when needed.

There are also a lot of stackable dining chairs that can be stored in a closet until needed.

Purchase a few attractive outdoor chairs (often stackable) and bring them in from a balcony when needed.

Antiques

Like the look of antiques? There are many older furniture styles such as partner's desks, tilt-top tables and drop-leaf tables that can add old world charm yet survive in a small space. Blending antique looks within a modern apartment can make them look quite special.

Alternative options

Tray-style and tall end tables are an easy way to offer each guest their dining space while sitting in the dining or living spaces of your condo.

Slim pickins

Consider purchasing a slim desk or console to be used for occasional dining with guests.

- When pulled out, it should be able to accommodate two to four people easily.

Tips to keep condo life classy

Mind your manners.

Basic balcony etiquette can help you keep the peace with neighbours



MELISSA DUNNE

Metro in Toronto

Like many Canadians, Scott Moore grew up in the suburbs.

Summers in suburbia tended to look like something out of a Canadian Tire flyer: The pesticide-green lawns were gigantic, the backyard fences tall and neighbours were close, but not too close.

Then, also like many Canadians, Moore grew up and fled the outskirts for the core.

A whopping one in eight households now live in a condo, according to Statistics Canada. There are concrete slabs and frosted glass. Neighbours are above, below, beside and across from each other — they are very, very close.

"I'm out here every day," says Moore of his balcony. He moved into his 14th-floor condo just in time for warm weather. "I barbecue and socialize out here. It feels like I'm not even in downtown Toronto."

There are reminders the 38-year-old lives in Canada's condo capital, though.

Ann McConvey, his next-door neighbour and fellow ex-suburbanite, poked her head around the glass balcony barrier before he even officially moved in and said hi.

After a brutal winter, McConvey, 44, her equally bubbly hubby, Brian, 51, and their sheltie, Fergus, 3, also soak up the sun on their Liberty Village balcony most days.

In a big city, relations between condo dwellers are not usually as warm as they are between the McConveys and Moore. Metro talked to an etiquette expert, who offered some tips to making sure it's only the humidity creating sticky situations on your balcony this summer.

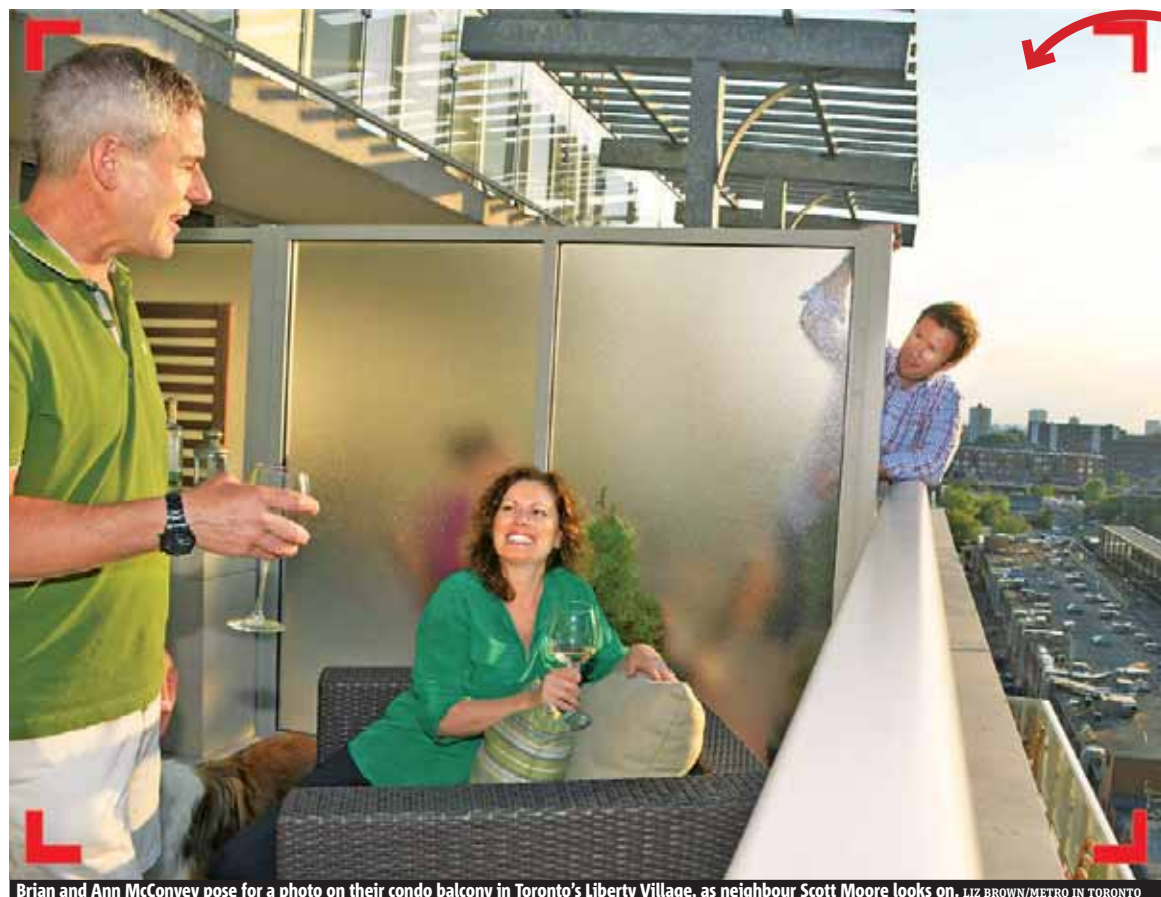
Get to know thy neighbour

A hot day is the perfect time to break the ice, says Karen Cleveland, the Toronto-based author of mannersaresexy.com. So no need to act like there's no one on the other side of that balcony wall.

"Wave," advises the etiquette expert. "Introduce yourself."

Keeping up with the McConveys

Even if you don't know your neighbours' names,



Brian and Ann McConvey pose for a photo on their condo balcony in Toronto's Liberty Village, as neighbour Scott Moore looks on. LIZ BROWN/METRO IN TORONTO

Nightmare neighbours

Cities and condos have bylaws to regulate balcony behaviour, but enforcing those rules costs time and money. While most neighbours can work through conflicts on their own, some high-rise disputes make it all the way to our highest courts.

- In Vancouver, a vegetable magnate installed a hot tub, big-screen TV, and two speakers on his condo's large deck and balcony in 2010. The complaints soon started rolling in from his Yaletown neighbours. The case eventually made it to the Supreme Court of British Columbia. The party animal fought for his right to party, and lost. In 2012, the judge put a stop to the hot tub

parties from 11 p.m. to 8 a.m., in accordance with the building's rules.

- In Toronto, a different kind of animal led to a neighbour war. The owner of a Yorkshire terrier would let the dog "relieve itself from time to time" on her second-floor condo balcony. The urine frequently dripped down to the first floor below. The neighbour complained. The case wound its way up to the Ontario Superior Court in 2011. The judge ruled the dog had to be removed from the unit permanently and the owner was ordered to pay \$1,384.25 in cleaning fees and \$806.65 in legal costs.

Sugar catches more flies than vinegar

Don't sweat dishing some dirt with your girls or hosting a dinner party outside. You can even play a few summer jams on your balcony so long as you keep the volume levels reasonable, says Cleveland.

"That's with a caveat," she notes. "Hopefully you and

On the street: What's your balcony pet peeve?



"Construction. I open the door for Max; the noise is bothersome."

Maryam Amouzandeh with Max the dog, Toronto



"Garbage and all the stuff that's blowing around out there."

Rachael Moss, Toronto

your neighbours have a similar taste in music, or it could go sideways fast."

If your neighbours are blasting Bryan Adams' Summer of '69 on repeat and you fear you may hurl their iPad off the balcony — knock on their door.

Cleveland advises asking noisy neighbours nicely, calmly and directly to keep it down.



Take in the larger view (from the top)

People typically do not enjoy having things drop and drip down

on them, so before watering your plants and flowers get some liners for a "few pennies each" to catch the run-off, says Cleveland.

But when it comes to addressing a neighbour's faux pas, Moore adds that sometimes you have to choose your battles, such as when a cigarette butt comes flying down off a distant balcony in the dark of night. Residents can choose to play Sherlock on a bright July day, mapping wind currents and matching lipstick shades to narrow down the suspects. But "you'll never really know" where the cigarette came from, Moore says.

With only 75 official days of summer left, the

AUGMENTED REALITY

→ Impress your neighbours with these ideas: Scan the photo with your Metro News app to see balcony photos from readers.



→ See the full instructions on Metro's Voices page.

Go on, show off

You can't make friends with a shabby balcony, so here are a few ideas to help you make a good impression on your neighbours.

1 Among foodies the Big Green Egg is the Cadillac of charcoal cookers. While most buildings don't allow the ceramic grill/smoker, that hasn't stopped condo dwellers from buying the, ahem, discrete Mini and Small varieties for balconies, say the Big Green Egg people. Prices upon request. Go to biggreenegg.ca to locate a dealer.



2 Trying to impress the attractive neighbour across the way with your cocktail-making skills? This Sumatra Serving Trolley from Urban Barn should help paint the picture of a sophisticated (and ready-to-mingle) urbanite. \$229. Go to urbanbarn.com to find a store near you.



3 No, you don't have a lawn to stick a pair of plastic pink flamingoes in. Don't dwell on your lack of a lawn, instead put the kitschy couple from Canadian Tire in one of your urban garden planters. \$14.99. Go to canadiantire.ca to find a store close by.



suburbanite turned urbanite would rather spend his time taking in his stunning view of Lake Ontario.

Go ahead, lick your fingers. We won't tell

Cookbook of the Week

Meet nature's coolest superfood



Coconut is rich in healthy fats, high in fibre and low in carbohydrates. It grabs the spotlight in Sasha Seymour's *Coconut Every Day*.

The book shows readers how to incorporate the superfood into 100 of their favourite everyday recipes.

It features coconut in all its forms — water, milk, oil, gluten-free flour, sugar and more — in everything from salads and soups to main dishes and desserts.

Among included recipes are Cauliflower Soup, Curried Chicken Salad, Shepherd's Pie, Coconut Cream Pie and more. **METRO**

Sticky Coconut-Glazed Chicken Wings. These tasty bites perfectly balance sweet and heat. Pair them with a side dishes for a meal

"Who doesn't love a slightly sticky, sweet and spicy chicken wing?" asks Sasha Seymour in her book *Coconut Every Day: Cooking with Nature's Miracle Superfood*, which points out that coconut is an ideal gluten-free alternative for those with dairy allergies and sensitivities.

"A few of these served with some plain brown rice and kimchi coleslaw make a great meal, and you can substitute drumsticks and thighs if you prefer them over chicken wings for dinner."

1. Make the Marinade: In a large bowl, stir together

Ingredients

- 1 1/2 lb (675 g) chicken wings

For the marinade

- 1 1/2 cups (375 ml) unsweetened coconut water
- 1/4 cup (60 ml) soy sauce (gluten-free, if required)

coconut water and soy sauce. Add chicken wings, stirring to coat. Cover and refrigerate for at least 1 hour or up to 4 hours.

2. Make the Glaze: In a small bowl, combine tamari sauce, coconut sugar, coconut vinegar, and cayenne. Stir until well mixed.

3. Preheat oven to 400 F (200 C) (or preheat grill to medium-low and lightly oil grill).

4. Remove wings from marinade and roast on a parchment-lined baking sheet (or grill), flipping and basting wings with glaze about 4 times, until wings are cooked, 35 to 40 minutes. Let rest for about 10 minutes before serving.

RECIPES FROM COCONUT EVERY DAY: COOKING WITH NATURE'S MIRACLE SUPERFOOD. COPYRIGHT SASHA SEYMOUR, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

For the glaze

- 1/4 cup (60 ml) tamari soy sauce (gluten-free, if required)
- 2 tbsp (30 ml) coconut sugar
- 1 tsp (5 ml) coconut vinegar
- 1/2 tsp (2 ml) cayenne pepper



This recipe serves two as a main course or four as an appetizer. KATHLEEN FINLAY



This recipe makes about 6 (1 1/2-cup/125 ml) pops. KATHLEEN FINLAY

Blackberry-Coconut Pops

"These pops are rich — more of a treat than a means of hydrating," writes Sasha Seymour in *Coconut Every Day*. "Blackberries aren't for all kids, so go ahead and change up the fruit."

"The refrigeration step is important, as the colder the mixture is when you freeze it, the less likely it is to form crystals."

"And don't leave out the salt — it brightens the flavours of the coconut milk and berries and brings out their sweetness."

1. In a large bowl, stir together coconut milk, agave syrup,

salt, and lemon zest until well mixed. Stir in blackberries. Refrigerate for at least 1 hour.

2. Divide among popsicle molds. Freeze until firm, about 4 hours.

Ingredients

- 1 can (14 oz/400 ml) coconut milk
- 1/4 cup (60 ml) agave syrup
- 1/8 tsp (0.5 ml) sea salt
- Zest of 1/2 lemon
- 1/3 cup (75 ml) blackberries, raspberries, or blueberries

For your phone

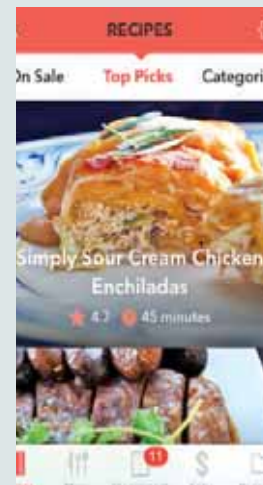
Food.com Recipes (iPad/iPhone; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

From more than 500,000 rated recipes, this app lets you organize a recipe box, generate shopping lists, and create meal plans.

A feature that collects store flyers, sadly, is US-only.



NBA

Raging Sterling says he'll never sell team

A raging Donald Sterling denounced his wife, her lawyers and the NBA from the witness stand Wednesday, saying he would never sell the Los Angeles Clippers and vowing a lifetime of lawsuits against the league.

"Make no mistake today," Sterling shouted toward the end of his second day of testimony in the trial to determine his wife's right to make a \$2-billion deal to sell the Clippers, "I will never, ever sell this team and until I die I will be suing the NBA for this terrible violation under antitrust."

He was followed to the stand by wife Shelly, who tried to approach him in the front row of the courtroom after she was done for the day. "Get away from me, you pig!" Sterling shouted. **THE ASSOCIATED PRESS**

Failed therapy

Crosby to undergo surgery on wrist

Pittsburgh Penguins captain Sidney Crosby is reportedly scheduled to have arthroscopic surgery on his right wrist within the next few days.

Citing an unnamed source, the Pittsburgh Post-Gazette reported the surgery is to repair damage that impeded his performance in the post-season.

The 2014 Hart Trophy winner is not expected to miss any time next season, according to the report.

The newspaper added that Crosby decided to have the operation only after therapy failed to correct the problem. **THE CANADIAN PRESS**



Blue Jays centre-fielder Colby Rasmus comes up short in his bid to take away a home run from the Angels' Albert Pujols on Wednesday. HARRY HOW/GETTY IMAGES

Series win just out of Blue Jays' reach

MLB. Pujols hits two-run, go-ahead homer to lead Angels to rubber-match victory

As long as they have Albert Pujols at the plate in a clutch situation, the Los Angeles Angels are confident they can win any close game they trail in the late innings.

Pujols hit a go-ahead, two-run homer in the seventh inning Wednesday and Kole Calhoun also connected, leading the Angels to an 8-7 victory over

On Wednesday

8

Angels

7

Blue Jays

the Toronto Blue Jays.

Los Angeles took the rubber match of the three-game series after starter C.J. Wilson was chased in the fourth inning.

"This team is finding ways to win, and we're not out of it until the game's over," Calhoun

said. "The bullpen came in and did a great job keeping us in the ball game after the starting pitching didn't go as deep as they've usually been going. We came out and swung the bats and got enough runs to win."

The Blue Jays took a 7-6 lead in the sixth on Dioner Navarro's two-out RBI single against Fernando Salas, making his second appearance since coming off the disabled list after missing 19 games because of inflammation in his shoulder.

Pujols responded with a drive that hit the top of the centre-field fence beyond the outstretched glove of Colby Ras-

mus and bounced over for his 20th homer of the season and 512th of his career, tying Ernie Banks and Eddie Mathews for 21st place all-time. It scored Mike Trout.

The homer was the first allowed by Aaron Loup (2-2) this season after 43-1/3 innings.

"We (threw) away a good opportunity today," Toronto manager John Gibbons said. "We had the lead, coughed it up, then took a slim lead. So it was disappointing. But hey, we left so many guys on base (12), and there comes a time you've got to blow open a game."

THE ASSOCIATED PRESS

TOP SIX @ 6
Weeknights at 6 K8 counts down the HOTTEST songs of the day

- 6 Demi Lovato ft Cher Lloyd: Really Don't Care
- 5 Sam Smith: Stay With Me
- 4 Jennifer Lopez: First Love
- 3 Iggy Azalea ft Charlie XCX: Fancy
- 2 Jason Derulo ft Snoop: Wiggle
- 1 Disclosure ft Sam Smith: Latch

101.3 THE BOUNCE

1013TheBOUNCE.com | info@1013thebounce.com

Osprey Ridge Golf Club | Signature Design... Exceptional Value.

JULY SPECIAL
2 Green Fees & Cart
\$99.99 +HST
Any day after 2pm!

One of the South Shore's Gems
Less than an hour from Metro!

1-888-963-7821 | OspreyRidge.ca

4 SPORTS

Argentina crushes Oranje hopes

World Cup final set.
La Albiceleste to take on Germany after winning semifinal match on penalty kicks

The World Cup's second semifinal was supposed to put the silky skills of Lionel Messi and Arjen Robben in the spotlight. Instead, a goalkeeper and two rock-solid defences stole the show.

Argentina goalie Sergio Romero saved two penalties Wednesday to send Argentina into the World Cup final with a 4-2 shootout win over the Netherlands after tough defending and a lack of creative spark from either team consigned the match to a 0-0 stalemate.

In a twist of fate, Romero credited Netherlands coach Louis van Gaal with helping launch his career when he arrived as an inexperienced youngster at AZ Alkmaar in the Dutch league.

Semifinal	
0 (4)	0 (2)
Argentina	Netherlands

"I will be forever grateful to the coach for helping me out in a country that is so different from ours," Romero said.

A day after Germany lit up the World Cup with its clinical 7-1 destruction of host Brazil, the Dutch and Argentines could not manage a goal between them in 120 minutes before the shootout.

Messi, widely regarded as one of the greatest players of all time, will have to play far better in Sunday's final at Rio de Janeiro's Maracana Stadium if he is to engineer a win over the powerful German team. The Barcelona star was muted throughout the match and extra time, rarely managing to shake off his markers.

AUGMENTED REALITY

→ Scan the image with the Metro News app to view more images of Wednesday's semifinal.

→ See the full instructions on Metro's Voices page.



At the Itaquerao Stadium, he was overshadowed by his goalkeeper and the man he replaced as Argentina captain, Javier Mascherano, who bossed the midfield for his team the way surprise starter Nigel de Jong did for the Dutch.

When Robben looked like deciding the match in stoppage time, Mascherano's perfectly timed sliding tackle blocked his shot at the near post.

Romero — thought to be a weak link for Argentina and not even a starter for his Monaco club most of last



Lionel Messi of Argentina celebrates defeating the Netherlands on Wednesday in Sao Paulo, Brazil. CLIVE ROSE/GETTY IMAGES

season — had almost nothing to do during the match, but blocked penalties by Ron

Vlaar and Wesley Sneijder in the shootout. For Argentina, Messi, Ezequiel Garay, Sergio

Aguero and Maxi Rodriguez all converted their spot kicks.

THE ASSOCIATED PRESS

Realize your career gooooo!

Search the most jobs from Canada's top employers.

At Workopolis, we can help you score your dream job. With 850 new job listings every day, you're in a position to make a game-changing career move. It's what makes Workopolis Canada's number one job site.

workopolis.com



#workopolis


WORKOPOLIS



"Number one job site" based on five-month average online job postings for period ending May 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Steer clear of others' feuds today because if you get involved, you will regret it over the weekend. There are rights and wrongs on both sides.

♉ Taurus

April 21 - May 21

You like things to be in their proper place but some people enjoy making a mess to annoy you. You know who they are. Stay out of their way today.

♊ Gemini

May 22 - June 21

Try not to come across as too assertive or aggressive. A lot over the next few days will depend on your ability to meet others halfway, especially in areas where money at stake.

♋ Cancer

June 22 - July 23

Some things happen whether we like it or not and the approaching full moon is sure to highlight that. Things could, of course, be worse, so smile.

♌ Leo

July 24 - Aug. 23

You love your freedom but you have responsibilities like everyone else and over the next few days you will have to do your duty. Social activities will have to take second place.

♍ Virgo

Aug. 24 - Sept. 23

There are times when you wonder if certain people are really on your side and it may tempt you to go it alone. But that is not a good idea. You are going to need allies.

♎ Libra

Sept. 24 - Oct. 23

Someone in a position of power likes you but if you take that as a sign that you can do as you please, you're sadly mistaken.

♏ Scorpio

Oct. 24 - Nov. 22

There is no point making a fuss today, not even if you can prove you have been hard done by. Sometimes we have to take what we're given and make the best of it. It's one of those times.

♐ Sagittarius

Nov. 23 - Dec. 21

This should be a lucky day but a lot will depend on common sense, especially where money is concerned. Put your interests first but be aware that your interests and others' are similar.

♑ Capricorn

Dec. 22 - Jan. 20

Although the approaching full moon is making you anxious everything will turn out right in the end. The so-called "bad" things that happen are challenges that help you grow.

♒ Aquarius

Jan. 21 - Feb. 19

Don't argue with people who clearly do not know what they are talking about. Over the next 24 hours, focus on your work, your family and your ambitions.

♓ Pisces

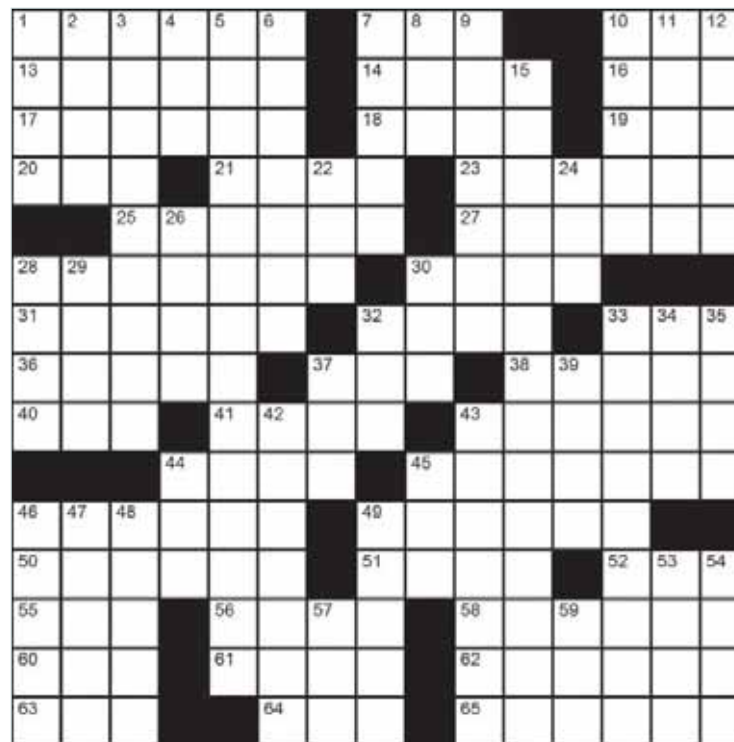
Feb. 20 - March 20

With the Sun and Jupiter moving through the most dynamic area of your chart there is precious little you can't do, but you'll do it better as part of a team.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Fare from Margaret Atwood and Mordecai Richler
7. Mr. Carrey
10. Undergarment, commonly
13. Make more money, get ____
14. Some: 2 wds.
16. CD-____
17. "Stick to Your ____" by Maestro Fresh Wes
18. Lettered-land 'til 1991
19. Classic range cooker company
20. Old English letter
21. Reclined
23. ____ XM Canada Inc. (Satellite radio)
25. Feasible
27. Apple songs
28. Saliva
30. Blood carrier
31. "Let me check into that...": 2 wds.
32. Notify of risk
33. Boxing blow
36. Soup or ____ (Restaurant option)
37. Mr. Aykroyd
38. Offenbach ballet, ____ Parisienne
40. Sault ____, Marie, ON
41. Emptiness
43. ____ lava
44. Garish
45. Gives
46. Meteorite ____ site
49. Tiny, cute-style
50. ____ tunnel syndrome



51. Lion's share
52. Puny path
55. Iron ____
56. Lightbulb locale
58. Doug and the Slugs hit: 2 wds.
60. Assembled
61. Armoured police team letters
62. Prevail

63. Bambi's aunt
64. Dodgy
65. 1980s President

Down

1. Give in
2. Desert's climate
3. Song by part-Canadian band The Lovin'

- Spoonful: "____ Cats"
4. Gladiator's 52
5. When all the music is stripped away from a track leaving only singing, that's known as what?: 2 wds.
6. Well-grounded, as a theory
7. Coldplay song ...en

- francais
8. Possibilities
9. Edmonton-born hockey great Mark
10. Cranium's content
11. Rapscallion
12. Collect
15. Prehistoric rock art site in Alberta, ____ - ____ Provincial Park

22. Quebec: ____ de Montreal
24. Campaign
26. "____ sign!"
28. k.d. lang and the ____ Boom Bang
29. Dish of the day, ____ du jour
30. Bran 3000 connector
32. Bundle of bills
33. Lively wartime dance style
34. To ____ (Just right)
35. Mr. Mulroney's
37. Carried out
39. Jai's sporty friend
42. Felons
43. 2009 Lady Gaga album: 'The Fame ____'
44. Swimmer's length
45. ____ volente (God willing)
46. "____ in peace."
47. Edmonton-born singer/songwriter Ms. Ord
48. ____-porter (Ready-to-wear)
49. Not full
53. Ms. Reid
54. Shangri-la
57. Seasickness, ____ de mer
59. Harem room

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

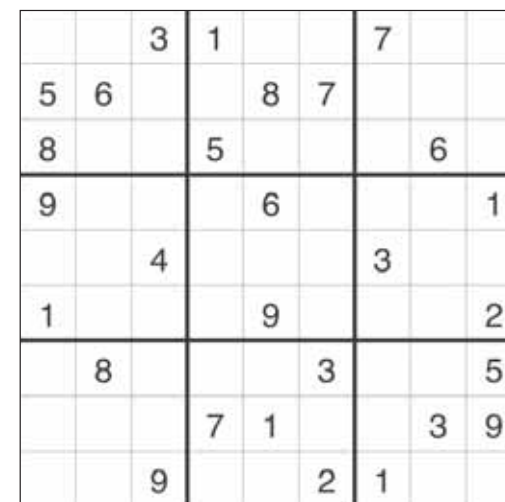


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



THE HANDY POCKET VERSION!

Get the news as it happens



Download the Metro News App today at metronews.ca/mobile



metro

Visit metronews.ca

metro

NEED MONEY?

\$300 - \$1500

- No credit checks
- No upfront fees

CALL NOW!

1-866-499-5629

WWW.MYNEXTPAY.CA

JULY SPECIAL

HURRY IN! LIMITED AVAILABILITY

EXCLUSIVE TO
DARTMOUTH DODGE
**Add \$10 Bi-weekly
for Power Seat and
Remote Start**



2014 DODGE GRAND CARAVAN DVD EDITION

From

\$26,277* or **\$189*** Bi-Weekly**

- No Charge Dvd Package
- Rear Back Up Camera
- Touch Screen Radio
- U Connect Hands Free Bluetooth
- 1 Year Sirius Satellite Radio
- Leather Wrap Steering Wheel with audio controls
- Rear air and heat
- 17" Aluminum Wheels



61 ATHORPE DRIVE, DARTMOUTH, NS
(902) 469-9050 **ddodge.com**

* Prices Exclude freight, taxes and Fees. OAC. All Rebates to Dealer. Payments include, freight, taxes and fees.